

# DINNERLY



## Reduced-Carb Moroccan Chicken with Roast Veggies and Sunflower Seeds



30 minutes



2 Servings

Eating a low-carb diet doesn't mean missing out on all the good things – like a roast chicken dinner! Simply swap out the classic carbs for lighter roast veg, like tomato and zucchini, pack in the flavour with Moroccan-seasoned chicken, then finish with sunflower seeds for extra goodness.

## WHAT WE SEND

- 1 zucchini
- 1 tomato
- 1 large free-range chicken breast fillet
- 10g Moroccan seasoning <sup>17</sup>
- 20g sunflower seeds
- 50g baby spinach leaves

## WHAT YOU NEED

- 1½ tbs olive oil
- 2 tsp white or red wine vinegar <sup>17</sup>
- 1 tsp dijon mustard <sup>17</sup>
- 1 tsp honey

## TOOLS

- oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 390kcal, Fat 21.4g, Carbs 10.8g, Proteins 38.1g



### 1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Thinly slice the **zucchini** on an angle. Quarter the **tomato**. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



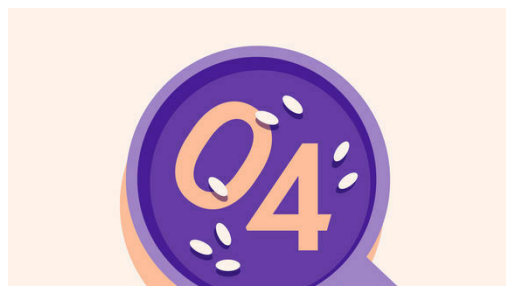
### 2. Roast veggies

Put the **zucchini** and **tomato** (see Make it yours) on the lined tray. Drizzle with **2 tsp olive oil**, scatter over **half the Moroccan seasoning**, season with **salt and pepper** and toss to coat. Roast for 18-20 mins until the veggies are tender.



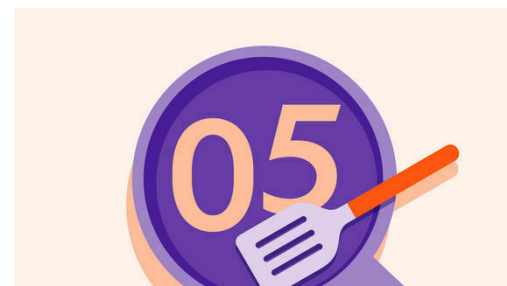
### 3. Marinate chicken

Meanwhile, combine the **remaining Moroccan seasoning** and **2 tsp olive oil** in a large bowl. Add the **chicken**, season with **salt and pepper** and turn to coat.



### 4. Cook chicken

Put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Return the pan to medium-high heat. Add the **chicken** and cook for 3-4 mins each side until browned and cooked through.



### 5. Toss veggies and serve up

Coarsely chop the **sunflower seeds**. Combine **2 tsp olive oil**, **2 tsp white wine vinegar**, **1 tsp dijon mustard** and **1 tsp honey** in a large bowl and season with **salt and pepper**. Add the **roasted zucchini and tomato** and **spinach**, then gently toss to combine. Divide the **veggie mixture** and **chicken** among plates. Scatter over the sunflower seeds and enjoy!



### 6. Make it yours

Empty out the crisper drawer and boost your veggies by adding whatever you have on hand – broccoli and beans are good low-carb choices.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

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